

ABSTRACT

Objective: The research work aims at evaluating the immediate effects of ‘Plantain leaf bath’(PLB) on the improvement of cardiovascular and autonomic functions by monitoring parameters such as blood pressure, pulse rate and heart rate variability (HRV). The previously available literature sources, reported the benefits of incorporating plantain leaf bath, aids in improving the autonomic and cardiovascular functioning. The current study intended towards monitoring the immediate effects, with the exposure of PLB, by determining the cardiovascular and autonomic parameters of the study participants.

Study Design: The current research work employed pre-post intervention study.

Method: 30 healthy volunteers belonging within the age group of 18-35 participated in the study. The cardiovascular parameters and short term HRV were assessed during the pre and post intervention of PLB. The collected data were subjected to data analysis and interpretation, for determining the effectiveness and immediate therapeutic effects of the plantain leaf bath among the study participants.

Result: The study showed significant improvement in the Heart Rate Variability values of the study participants. The post intervention data showed significant improvement of HRV and cardiovascular parameters, comparatively to that of the pre intervention data.

Conclusion:The incorporation of Naturopathy mediated therapy involving PLB significantly improving the cardiovascular and autonomic functioning, which was clearly exhibited from the observed cardiovascular parameters and HRV values.

Keywords: Plantain Leaf bath.Heart Rate Variability, Naturopathy, Blood pressure, Pulse rate.